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Fazila Lakhan dips into frigid waters at Lake Summerville.  
RYAN TUMILTY/METRO

## DEEP FREEZE

**Polar Plunge participants brave the chill  
to raise funds for the Special Olympics**

**metroNEWS**

## Bishop's letter spurs apology

**EDMONTON CATHOLIC SCHOOLS**

**Trustee tried to  
discourage board  
from sending anti-  
LGBTQ message**



**Ryan  
Tumilty**  
Metro | Edmonton

An Edmonton Catholic Schools trustee apologized this weekend to parents after the board distributed a controversial letter from a Calgary bishop on the province's new guidelines for transgender students.

Trustee Patricia Grell apologized for the note sent to parents Friday, which included the letter from Bishop Frederick Henry.

"I need the public to know that I tried to discourage my fellow trustees from including his letter," wrote Grell on her blog.

She said she foresaw the backlash from parents that erupted online.

"I was unsuccessful in convincing

them that it would not bode well for our district and the future of Catholic education."

Reached Sunday, Grell declined to elaborate, but said she wanted to make clear she didn't support sending the bishop's letter.

The provincial guidelines Education Minister David Eggen released last week are meant to help school boards develop policies to accommodate transgender students.

Henry accused the government of being insensitive in his letter.

"The Alberta Government 'guidelines' issued on Jan. 13th show no evidence of consultation with or sensitivity to the Catholic community. They breathe pure secularism," he wrote in the pastoral letter.

Henry said the government's suggestions that call for gender-neutral washrooms, acceptance of transgender students and support for Gay and Queer Straight Alliances was incongruent with Catholicism.

"GSAs and QSAs are highly politicized ideological clubs which ... accept the idea that all forms of consensual sexual expression are legitimate," he wrote.

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## IN BRIEF

### Wildrose party sees donations rise

The Opposition Wildrose party says its donations doubled in the last quarter of 2015.

The party released figures today showing it raised \$589,000 in the fourth quarter.

It says that's double the amount donated to the party in the third quarter.

The party says it's the second largest quarter ever in personal donations.

Wildrose Leader Brian Jean credits the hard work of Wildrose MLAs. THE CANADIAN PRESS

### Provincial NDP release legislature calendar

Alberta's NDP government has announced part of its political schedule for the coming year.

The spring session of the legislature is to begin March 8 with a throne speech.

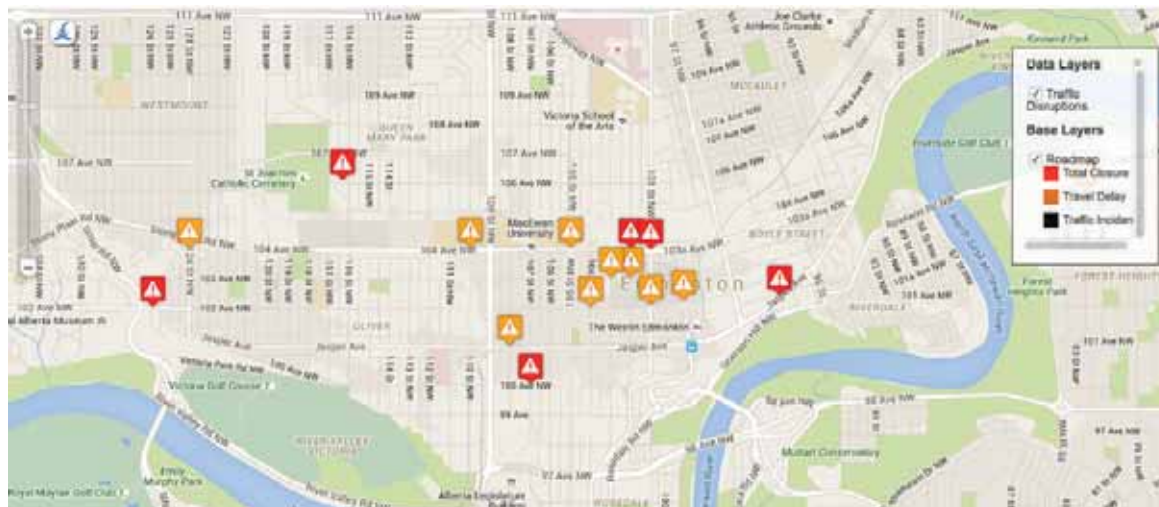
The session is to run until June 2 at the latest.

There is no immediate word on when Finance Minister Joe Ceci will table the government's budget.

The fall legislative session is set to begin Oct. 31 and wrap up on or before Dec. 1.

THE CANADIAN PRESS

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The Open Data Catalogue includes a variety of data sets. This one shows traffic disruptions in the city. COURTESY CITY OF EDMONTON

# For some, open data not yet open enough

## TRANSPARENCY

### Users applaud system but say could be more user-friendly



Alex Boyd  
Metro | Edmonton

Edmonton is being applauded for transparency after being ranked atop Public Sector Digest's Open Cities Index for 2015, beating out 33 Canadian municipalities.

The Index measures "the readi-

ness, implementation, and impact of the participating cities' open data initiatives," according to the website.

Edmonton launched its on-line open data catalogue in early 2010, making data sets on everything from indigenous place names to sandbox locations available to the public (though traffic disruptions are the most popular data by a significant margin).

In 2014, the city created the Open City Initiative, a strategy to operate even more transparently.

"The big push is to get citizens involved in the business of running the city of Edmonton," said Wendy Gnenz, director of the

Open City Initiative.

Some say it needs to go further. Matt Dance, a geographer and open data advocate, said he frequently consults data to get a better idea of what the government's doing.

He said the system is an "awesome start," but said the city still has to make more controversial data available to the public.

As part of his research on gentrification, Dance uses neighbourhood crime data. The city provided a map of incidents but none of the data behind it was open — meaning he couldn't dig deeper into the information or incorporate it into his own

research.

"If city council is using data to inform policy, citizens should have access to the same data," Dance said.

Gnenz said that while all data is open by default, unless there's a legal or privacy issue, not all departments have the same open data policy. The city is working with individual departments, like the police, as well as regional partners, to help them develop open data policies more in line with the city, she added.

The city is also working on making the data more accessible. A rebranded and more user-friendly portal launches Tuesday.

## LONG LAKE

### Nexen plant ops stay shut

A senior executive with Nexen Energy ULC says the company's upgrader near Fort McMurray remains shut down while investigators examine the cause of an explosion that killed one worker and critically injured another.

Ron Bailey, the company's senior vice-president of Canadian operations, told a news conference in Calgary on Saturday that it's too soon after the blast to speculate how long the shutdown at Long Lake will last.

Bailey says the facilities are being kept warm to prevent damage from the cold, which dipped to -29 C in Fort McMurray on Saturday afternoon.

The explosion happened Friday in a building that's part of the upgrader's hydrocracker, which Bailey says breaks hydrocarbon molecules into smaller pieces to make a lighter oil product for shipping.

Nexen Energy said in a statement Friday night that there is no immediate danger to the neighbouring community or to personnel still on site at the plant.

Bailey says the worker who was injured has been transported to a burn unit in Edmonton.

"Our employees, contractors and neighbouring communities are our primary concern at this time and we can confirm that we have taken steps to ensure their well-being and safety and we continue to provide them with timely information," Bailey said. THE CANADIAN PRESS



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# Oilers fans flock to new arena

## OPEN HOUSE EVENT OFFERS LOOK INSIDE NHL TEAM'S FUTURE HOME



**Ryan Tumilty**  
Metro | Edmonton

Freezing temperatures weren't enough to keep thousands of Oilers fans from checking out the team's new barn Saturday, with less than nine months of construction left.

The open house event at the downtown arena allowed fans to take in both the main arena and the community rink, which are both set to open this September.

Fan Kyle Bishop said he was happy to line up for the arena.

"We are super excited for it to be done, so it's nice to see they're making some solid progress," he said. "Rexall is great and it has a lot of history, but it's pretty outdated so it will be nice to have some modern amenities."

David Woodruff and his friends aren't big hockey fans, but he said he wanted to see the big project for himself.

"We're studying city planning so the effects of the arena will be interesting," he said.

Barricades were set up for what were expected to be very long lines, but the minus-25 C temperatures meant only thousands — not tens of thousands — showed up to see the building.

Oilers vice-president Bob Black said it was really gratifying to see the people that did come.

"It really speaks to the enthusiasm and passion of Edmontonians," he said.

He said everyone involved in the project wanted this chance to show off the building, because it's meant to be a public building.

"It's important that all Edmontonians feel as if this is their building," he said.

The city's general manager on the project, Rick Daviss, echoed those sentiments and said it was really nice to see so many people engaged in the project.



RYAN TUMILTY/METRO

**"It's important that all Edmontonians feel as if this is their building."**

Oilers vice-president  
Bob Black



RYAN TUMILTY/METRO



LIAM KAVANAGH-BRADETTE/THE CANADIAN PRESS



LIAM KAVANAGH-BRADETTE/THE CANADIAN PRESS



RYAN TUMILTY/METRO

**1 Versatility** — The community rink will be used by the MacEwan University Gryphons.

**2 Fans galore** — The cold temperatures kept many away, but there were still lineups to get inside the building on Saturday.

**3 Showing their colours** — Lifelong fans Ryan Wolfert, left, and Stefan Spasojevic display an Oilers flag during a tour on Saturday.

**4 Getting up close** — The tour allowed fans down to ice level in the new building.

**5 Opening date** — The arena is set to open in September.

"Everything I have just heard has been nothing but excitement from the people who took an opportunity to come into a construction site," he said.

The building is set to be turned over to the Oilers on Sept. 2, and both men said the project remains on time and on budget.

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# Anatomy of an exhibit

## BODY WORLDS

### Controversial display uses real plasticized cadavers



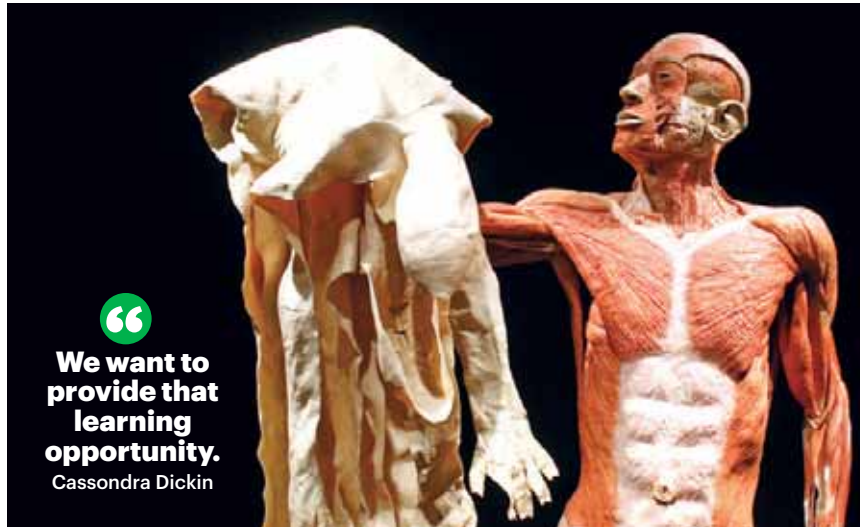
**Brodie Thomas**  
Metro | Calgary

Body Worlds is back in Calgary for the second time in a decade, and organizers hope it will draw 100,000 to Telus Spark in the next few months.

The fascinating and sometimes controversial display features plasticized human cadavers, intricately displayed to show anatomical features below the skin.

Cassandra Dickin, communications specialist with Telus Spark, said the Body Worlds brand is very reputable, and all of the bodies displayed have been donated with the intent of being put on display.

"There are 15,000 on the body donor registry worldwide, and 30 from Alberta who have signed up," said Dickin.



**“We want to provide that learning opportunity.”**  
Cassandra Dickin

Body Worlds is at Telus Spark until May 31, with extended hours in February. BRODIE THOMAS/METRO

The last time Body Worlds was on display in Calgary, it was six years ago at the old science centre.

"That was Body Worlds and the Brain," said Dickin, who added this display is titled Body Worlds Vital and features examples of physical activity. The

show is meant to emphasize health and wellness.

One display has a gymnast on a pommel horse, while another shows a person kicking a soccer ball.

Dickin said the idea is to show people, and kids, the connection between a healthy

body and a healthy brain.

Paul Duncalf brought his children, aged 12 and 9.

"I think it gives them an insight, especially from a health-conscious point of view," he said. "This is what a smoker's lung looks like, so you shouldn't do this."

Duncalf said they understood that what they were seeing were real cadavers that had been treated and preserved.

"It's hard to relate these were once real people as well, but from an educational standpoint I think it's fascinating."

Dickin said there are no age restrictions on the show, but there is a lot of information about what people will see as they progress through it.

One section that contains examples of human fetuses provides plenty of warning in advance and is easy to bypass.

"We don't want to censor - we want to provide that learning opportunity," said Dickin.

Another part of the display is closed to the public, except on Thursday nights. That display features two cadavers posed in the act of sexual intercourse.

She said that display is for adults only, or for children accompanied by adults.

"Just like all the other vitality elements in the exhibition, sex is a part of life," said Dickin. "We wanted to make it available for people to see and learn about from a very scientific point of view."

## TRAVIS VADER

### Convicted of assault, faces trial for murder

A man accused of killing two Alberta seniors has pleaded guilty to assault in an unrelated case.

Alberta Justice says Travis Vader was sentenced to three months in jail and one year of probation for assault and failing to comply with conditions.

Vader made the plea Thursday in court in Barrhead.

The date of the offences was April 1, 2015.

Vader's trial on charges of first-degree murder in the deaths of Lyle and Marie McCann in July 2010 is set for March.

Vader's lawyer has been arguing in court that the charges should be tossed out over abuse of the judicial process.

The McCanns were last seen in July 2010 while on their way to British Columbia.

Their burned-out motor home was discovered but their bodies have never been found. THE CANADIAN PRESS

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# One of 5 simple ways to end the stigma around mental illness.

It's not always easy to know how to break the stigma associated with mental illness. Mental health experts suggest 5 easy ways you can help. Here's one way.



## Be kind

Small acts of kindness, such as a get-well card or an invitation to coffee, can mean a lot to someone who is struggling with a mental illness. Ask yourself how you would want to be treated if you had a serious illness and use that as your guide

Serena Ryder



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The Power to Surprise



The college oversees the licensing of paramedics in the province. METRO FILE

## Paramedics body spikes committee

### HEALTH

### Registration team stepped past authority, college says



The council overseeing the Alberta College of Paramedics is set to remove its entire eight-member registration committee, an official confirmed to Metro.

Krista Rivet, the college's acting communications manager, said Friday the committee had taken actions that "went out-

side of what they had authority to do," though she refused to elaborate, citing confidentiality concerns.

The council held a special vote on Jan. 12 and decided to offer the committee members to resign or face removal, she said.

That removal will take place officially Jan. 22, Rivet said.

The registration committee is the first step of review for cases where the college must determine if an emergency personnel is fit to be granted a license to practice.

It steps in to review matters concerning an emergency worker's mental health and many other matters, Rivet explained.

Last year, the Alberta College

of Paramedics came under fire after a paramedic revealed to media he'd struggled to have his license to practice renewed after revealing on his registration renewal that he was suffering from post-traumatic stress disorder.

Rivet said an interim registration committee has been put in place and will act as the de-facto committee going forward, despite some possible additions.

The registration committee had already been put on a leave of absence as of Oct. 23, 2014, she added, but didn't elaborate why.

The college oversees more than 10,000 medical responders in Alberta, including nearly 2,600 paramedics.

### WEATHER

## Business goes on despite cold

**Ben Freeland**  
For Metro | Edmonton

This weekend's arctic blast, which saw temperatures in the Edmonton region drop as low as -30 C and triggered an extreme cold warning, may have had Edmontonians holed up indoors for warmth, but otherwise barely had any impact on everyday city business.

In Edmonton's downtown core, construction activity continued despite extreme cold.

"Twenty years ago we probably would have had work stoppages due to this weekend's cold snap, but things have really changed since then," said Edmonton Construction

Association President John McNicoll. "There's been tremendous innovation in heated boots, gloves, coats, and other garments that allow people to keep working in extreme cold."

McNicoll added that Edmonton's status as a northern construction industry hub had helped foster innovations in keeping workers warm.

"Our companies here in Edmonton are probably the greatest experts at working in extreme cold conditions," he noted. "The most critical thing is keeping workers' hands and faces safe, and if it gets too cold we will call off operations, especially for work higher up on buildings where the wind is more fierce, but our workers have boots that will keep

you going at temperatures as low as -60 C."

As Edmonton's downtown construction workers soldiered on in the extreme weekend cold, ground crews at Edmonton International Airport were similarly unaffected by the low temperatures.

"As far as I know, EIA has never been forced to shut down due to weather," says the airport's communications director, Heather Hamilton.

"Most airlines have warming stations on the apron for their ground crews, and the workers were very heavy clothing when they're on duty," she said. "The only times we get caught by surprise by weather is when the weatherman gets caught by surprise."





### 1 Jasper House

This is the year Edmonton really gets creative with residential towers, says Carol Belanger, chief architect for the City of Edmonton. New projects, like Jasper House, the Ultima and the Encore look pretty amazing, he says. "They're really pushing the envelope on the look for residential towers. They're looking very sharp." COURTESY LAMB DEVELOPMENTS

# 5

## PROJECTS CHANGING THE FACE OF EDMONTON IN 2016

It's going to be a big year for Edmonton architecture, with several long-anticipated projects finally taking shape. Which are the most important and influential? We asked some leading Edmonton architects what they're most excited to see. **ALEX BOYD/METRO**



### 2 Walterdale Bridge

Shafraaz Kaba, architect and founding member of the Edmonton Design Committee, is excited about the "remarkable" gateways into downtown that will be rebuilt in the next year — chief among them, the Walterdale Bridge. "It's going to be something really beautiful, but also symbolic," he says.

COURTESY DIALOG



### 3 Hyatt Hotel

The twisted glass panels will ensure the Hyatt becomes a landmark when the 230-room hotel is finally completed this year in The Quarters, at Jasper Avenue and 96 Street, Belanger says. "It looks really sharp, just the way the glass leans, I've never seen anything like it."

METRO FILE



### 4 Kelly Ramsey Tower

A unique mix of old and new, construction required carting away all the brick, stone and cornices from the old historic building only to reassemble them around the base of the new, modern tower. "Obviously with the historic brick podium that will be really neat," Kaba says.

COURTESY DIALOG



### 5 Ice District

Last, but certainly not least, Ice District will start to emerge from the huge construction site to rewrite the skyline. Both Kaba and Belanger point out it's not just an arena either. Says Belanger: "Between the arena, the city tower, the Marriott and the new Stantec tower, it's going to be pretty crazy."

METRO FILE

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# First go at tobogganing

## REFUGEES

### Syrian children experience snowy pastime of Canadians

**Jeremy Simes**  
For Metro | Calgary

Though she can't speak for her friends, Zainab said she wasn't cold.

It felt like -23 C Sunday afternoon with the windchill and, to the surprise of many, about 35 Syrian refugee children bundled up with crazy carpets in hand.

There was some nervous chatter among them as they made their way up to the toboggan hill but, as soon as they were at the top, nobody hesitated — they just went for it.

Some tried to ride the slippery sleds like snowboards and, unsuccessfully, tumbled down the slope.

Others decided to sled backwards. Some went in groups.



Zainab pondered the hill before she went for it. JEREMY SIMES/FOR METRO

But, ultimately, all that could be heard that afternoon were howls of joy.

It's the first time these Syrian kids left their group home in Bridgeland to enjoy a fa-

vourite Canadian pastime: tobogganing.

"My heart is very happy," Zainab, 11, said, via translation from Saba Amro, who was volunteering with Calgary

Catholic Immigration Services (CCIS).

Mohammed, 13, said he felt pretty powerful going down the hill.

"He just felt like he was

happy," Amro said, adding the outing was extremely fun for all the kids.

"They've got snow on their faces and they don't care. They knew what to do."

Mark and Carmen Vazquez-Mackay co-ordinated the tobogganing day.

In fact, CCIS has been incredibly busy ever since Syrian refugees have been entering the city, Mark said.

So, he and Carmen took it upon themselves to make the event happen, with the approval of CCIS and the kids' parents.

"It was such a perfect opportunity," he said. "They've been through a lot coming here. And so I think doing something as simple as this just kind of takes their minds off things and enjoy the simple things we do every day."

For Amro, the day was extremely special.

"It's pretty amazing," she said, as tears began to well in her eyes. "People can find resiliency — especially in kids — and get out and enjoy themselves. It's something really simple."

## CONTEST

### NAIT pros hope to rise like their bread in Paris

A group of NAIT professors is preparing to compete in the world's top baking competition in early February in Paris.

This is the first time in 16 years Canada has qualified for the World Cup of Baking, and NAIT instructors and alumni make up two-thirds of Team Canada.

The bakers will compete on Feb. 7 in a day-long test of their skills in an open kitchen before an audience and a panel of judges, according to a release.

Tasks will include preparing a series of breads and pastries, creations of their own invention and an edible artistic showpiece made entirely of bread.

To show teamwork they'll also have to make inventive sandwiches made from scratch, including breads, fillings and condiments.

Established in 1992, the World Cup of Baking is an international competition held every four years.

ALEX BOYD/METRO

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Philippe Phan with Special Olympics Alberta braces himself as he hits the water at Lake Summerside on Sunday.

RYAN TUMILTY/METRO

# Go jump in the lake

## SPECIAL OLYMPICS

### People plunge along with the temperature for good cause



**Ryan Tumilty**  
Metro|Edmonton

Edmonton's coldest weekend of the winter arrived just in time for the annual Polar Plunge in support of the Special Olympics.

The mercury dropped to a brisk -18 C Sunday as 120 participants took the plunge in the icy waters of Lake Summerside as a fundraiser.

Alberta Law Enforcement officers have had the Special Olympics as a preferred charity for decades, and Edmonton police Const. Amanda Trenchard said it was great to see so many people participate.

"It's awesome that people would come out and support such a great cause and it's bringing awareness," she said.

The event had raised \$40,000 as of Sunday with more pledges expected. Trenchard said the 2015 event was actually a touch colder than this year's plunge.

She said they're grateful to Edmonton Fire for helping to keep everyone safe — she said they take the same safety precautions every year, regardless of how cold it is.

"We have the same things in place no matter what the weather," she said.

Deb Farstad took the dive as part of a family group and was looking on the bright side after her swim.

"It was cold, of course, but not as bad as I expected," she said. She said Sunday's forecast did give her a moment of pause, but there was no way she could back out.

"You're kind of already committed. It's kind of funny that it's happening on the coldest day we've had," she said.

She added that rumours of Edmonton's relatively warm winter seemed greatly exaggerated in the water.

"I don't believe in El Niño."

taking him into custody. They seized a propane tank and jerry can from the home.

Neighbours were told to stay inside until police had things under control.

Charges against the man are now pending. He was known to police prior to this incident. METRO

## ALBERTA HEALTH SERVICES

# Privacy breach disciplines reduced

Alberta Health Services has dropped or reduced disciplinary actions against employees accused of breaching patient privacy at a Calgary hospital.

The decision came after further investigation and meetings with the United Nurses of Alberta and Alberta Union of Provincial Employees.

Alberta Health Services would not say how many employees are affected, but in October, it issued a news release saying 48 people

who worked at South Health Campus in Calgary and across the region were facing disciplinary action for inappropriately accessing a patient's information.

The United Nurses of Alberta says 24 nurses have had their discipline rescinded, which was being suspended without pay for two days.

David Harrigan, director of labour relations for the nurses union, says nurses were looking at information they needed

to do their job, not breaching people's privacy.

The records in question belonged to Christine Hagan, a woman who was battling pancreatic cancer.

Earlier this month, Calgary police said Hagan gave a fatal dose of drugs to her 19-year-old daughter, Jessica, who had Down syndrome, in September.

Police also said Christine Hagan could not be charged because she died in November.

In December, a former Calgary hospital worker was charged with 26 counts of accessing the health information of more than 200 people under the Health Information Act.

The name of the person facing the charges has not been released, but former AHS CEO Vicki Kaminski said the worker at Alberta Children's Hospital looked at files belonging to children, adults, physicians, nurses and others. THE CANADIAN PRESS

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**STARS 30** THIRTY YEARS OF CARE IN THE AIR

**IT TAKES A COMMUNITY TO SAVE A LIFE**

**ZACH MCGRATH**

When three-year-old Zach McGrath discovered he was too short to reach the DVD player, he climbed the dresser to reach the controls and the TV collapsed on him.

"The kids were screaming and I could tell by their faces it was really bad," said Rhonda Samoleski, Zach's mother, who called 911 when she found her son buried under a TV and dresser.

The local fire department was first on scene, followed by paramedics — who knew Zach needed immediate critical care and called STARS.

"Everyone worked together to help save Zach but if STARS wasn't there for us it could have been very different," said Rhonda. "It's still hard to believe we have a happy ending."

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## CRIME

**Man arrested after threat to blow up his home**

RCMP arrested a 39-year-old Leduc man Saturday afternoon after he threatened to blow up his Caledonia residence before being talked down by police.

Officers negotiated with him for 10 minutes before



# Women fighting back

MIDDLE EAST

## Film captures revolution in Rojava, Syria

Women taking power in ways the Middle East has never before seen. Men, at their side, taking the radical transformation in stride.

And together, by consensus, both fighting tooth and nail against the Islamic State of Iraq and the Levant (ISIL) — and winning — liberating towns and villages in northern Syria with the promise of a new kind of freedom, where all are welcome to a fair share of collective self-rule, regardless of gender, religion or ethnicity.

It is actually happening throughout the sliver of terrain known as Rojava, the predominantly Kurdish territory abutting Syria's border with Turkey.

The Islamic State of Iraq and the Levant (ISIL) doesn't like it. Bashar Assad doesn't like it. Yet the quiet revolution in Rojava isn't just taking root; it is growing, thanks in part to the White



From left, Tarine Homs, Rabeha Hessin and Majdoleen Sheran, part of the revolution taking hold in the Rojava territory of northern Syria. COURTESY NADIM FETAIH

House, which has deputized the mostly Kurdish revolutionary fighters as effective boots on the ground on the Syrian side of the campaign against the Islamic State.

The fruits of the U.S. alliance with Syria's Kurdish paramil-

itary fighters — the People's Protection Units, or YPG, and their female counterparts, YPJ — became clear over Christmas, with the Kurds leading a four-day sweep south from Kobani, snipping some 640 square kilometres from the caliphate's

map and seizing back from ISIL a key piece of infrastructure, the Tishrin Dam.

Independent Toronto filmmaker Nadim Fetaih has been on the ground with a crew of two other Canadians, capturing the changes unfolding as the fragile

HUMAN RIGHTS

## Man a sexual refugee

At first, Rasheed thought the Syrian police were hounding him for his political views.

But Rasheed, 32, who requested not to have his full name used, believes the real motive came to the fore the day he and a few fellow gay men were carted off to a local jail. The police blindfolded him, beat him and made revealing comments after seizing his cellphone containing content that made his sexual preferences plain.

Such attitudes — the norm in his homeland, he says — were what allowed Rasheed to claim refugee status in Canada and begin a new life.

"I find it very respectful," he said of Canada. "Whenever I say I'm gay or whenever I go to gay places, in the society itself, they respect you for being gay."

The United Nations High Commissioner for Refugees has named single men identifying as gay, bisexual or transgender as among those who are most vulnerable in Syria.

THE CANADIAN PRESS



The Canadian team behind the film titled This is Kobanec. COURTESY NADIM FETAIH

Rojava revolution takes hold. "We've been able to get access inside the military complex in Kobani and spend time with the wounded fighters — a fairly even 50-50 split of men and women and they're all badasses. But the YPJ women, because they are going to the front and laying their lives on the line, are able to come back to town and essentially create their own world. They are respected.

Fetaih's documentary, This Is Kobane, he readily admits, will involve "a bias for and by the people — I'm hoping with my films I can actually empower people," he said. THE CANADIAN PRESS



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# Vets slam pet cosmetic surgery

## ANIMAL WELFARE

### Breed clubs blamed for docked tails, cropped ears

More veterinarians in Canada are speaking out against pet cosmetic surgery such as removing the tails of puppies and

cutting dog ears into points, but the pace of change is slow.

Ear-cropping and tail-docking are already prohibited in seven provinces either by law or regulatory bylaws.

Ear-cropping is common among Great Danes, Dobermans, boxers and schnauzers.

The decision on whether to operate is left up to individual animal doctors in Alberta, Ontario and Quebec, even though

veterinary groups oppose such procedures in principle.

Dr. Nicole Gallant, president of the Canadian Veterinary Medical Association, said vets are under pressure to perform cosmetic surgery.

Ending the practice will depend on reducing demand for dogs with unnaturally bobbed tails and pointy ears, she said. That involves breed clubs amending their standards so

dogs can be shown in their natural state without penalty.

People often refer to show dogs for how their pet is supposed to look. "The changes have to come in the breed standards," Gallant said.

"We have been just so programmed to see the altered dog as the normal. People have to expect unaltered dogs."

The College of Veterinarians of British Columbia recently

voted to ban cosmetic ear-cropping.

Other provinces that prohibit the practice include Manitoba and Saskatchewan.

Ear-cropping and tail-docking have been banned in Prince Edward Island, New Brunswick, Nova Scotia and Newfoundland and Labrador.

THE CANADIAN PRESS



A boxer with natural ears that haven't been cut into points. CANADIAN VETERINARY MEDICAL ASSOCIATION / THE CANADIAN PRESS



Canadian Salim Alaradi and his son, Mohamed Alaradi are shown on a family vacation in the United Arab Emirates in a 2013 family handout photo. CONTRIBUTED/THE CANADIAN PRESS

## UNITED ARAB EMIRATES

### Canadian man to get his day in court

A Canadian man detained without charge in the United Arab Emirates for more than a year is expected to finally learn what he's accused of at a trial set to begin on Monday.

Salim Alaradi, a 46-year-old Canadian of Libyan origin, was running a business in Dubai when he was abruptly arrested in August 2014.

His family and lawyers have received no explanation from U.A.E. authorities for his continued detention and there have been allegations he has been tortured behind bars. Alaradi's trial will be held at the State Security Chamber of the U.A.E. Federal Supreme Court, a venue his Canadian lawyer said suggests he will be charged with terrorism-related offences.

"One way or another it appears that the U.A.E. wants to bring this file to a close," Paul Champ said. "We were hopeful that the Emiratis were simply going to release Salim but unfortunately they've decided to lay charges."

There are concerns Alaradi may not get a fair trial since he will have no right of appeal and alleged forced confessions may be made admissible, Champ said. Nonetheless, the legal process is being seen as a significant development in Alaradi's case which had appeared stalled until now.

"He is happy to learn that there are charges because at least it signals that the end of this ordeal may be near," Champ said.

Alaradi was born in Libya and immigrated to Canada from the U.A.E.

in 1998, settling down in Vancouver with his family. He decided to return to the U.A.E. in 2007 to run a home appliance business with his brother.

He and his family were on vacation when he was arrested.

For two months his family didn't know if he was dead or alive. They then found out he was being held at an Abu Dhabi prison, though they have never been told why.

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**“It appears that the U.A.E. wants to bring this file to a close.”**

Paul Champ

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# U.S. and Iran swap prisoners, pardons

## INTERNATIONAL RELATIONS

### Some critics feel Americans used as pawns

Diplomatic triumph or travesty, America's relationship with one of its most intractable foes took two giant leaps forward this weekend when Iran released four Americans in a prisoner swap after locking in last summer's nuclear deal and receiving some \$100 billion in sanctions relief.

The announcements culminated a stunning few days for the Obama administration and par-

**Iran released four American detainees on the weekend, including** ① **Amir Hekmati**, a former U.S. Marine, ② **Saeed Abedini**, a pastor, and ③ **Jason Rezaian**, a Washington Post correspondent. Also freed was **Nosratollah Khosravi-Roodsari**, who stayed in Iran.

ticularly Secretary of State John Kerry, who led the diplomatic outreach to Tehran.

Speaking from the White House, Obama on Sunday hailed the "historic progress through diplomacy," long the centerpiece of his foreign policy vision, instead of another war in the Middle East.

Three of the American detainees — Washington Post reporter Jason Rezaian, former U.S. Marine Amir Hekmati and pastor Saeed Abedini — arrived in Germany en route to a U.S. military hospital. They will return home after medical evaluations.

The fourth, Nosratollah Khosravi-Roodsari, opted to remain in Iran, officials said.

A fifth American, student Matthew Trevithick, who had been detained in Iran for roughly 40 days, was released separately.

Iran released the prisoners in exchange for pardons or charges dropped against seven Iranians — six of whom hold dual U.S. citizenship — serving time for or accused of sanctions violations in the United States.

## + ECONOMICS

### \$100B in assets unlocked

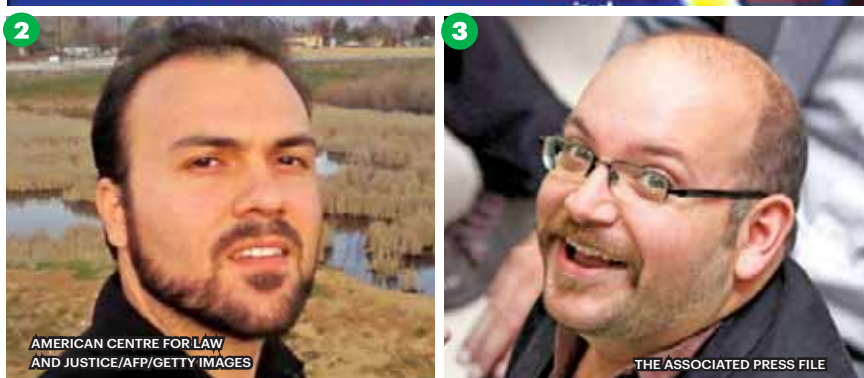
The International Atomic Energy Agency's declaration unlocked some \$100 billion in frozen Iranian assets overseas, and potentially even greater economic benefits through suspended oil, trade and financial sanctions by the U.S. and European Union.

THE ASSOCIATED PRESS

The timing of the deal, finalized hours after Saturday night's UN confirmation that Iran made good on pledges to significantly back away from atomic bomb-making capacity, suggested that the Americans possibly were used as pawns by the Iranian government to win long-sought economic relief, as critics allege.

Critics of Obama's Iran policy at home and abroad pounced on the details of the prisoner exchange and the new economic opportunities being afforded Tehran.

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A policeman stands guard in front of the Splendid hotel, on Sunday in Ouagadougou, after a jihadist attack by gunmen linked to al-Qaida on Jan. 15. The attack left 28 people dead, with 56 wounded. ISSOUF SANOGO/AFP/GETTY IMAGES

# Canadian aid workers dead

## BURKINA FASO

### Family of four among killed, wounded in nation's capital

Six Canadian humanitarian workers from Quebec were among those killed in an attack by Islamic extremists in Burkina Faso's capital, Ouagadougou.

Twenty-eight people of 18 nationalities were killed and 56 others wounded after a 15-hour siege that ended Saturday night at a hotel popular with international business travellers.

The Canadians were: Yves Carrier; his daughter Maude;

his wife, Gladys Chamberland; their son Charl  lie, and their friends Louis Chabot and Suzanne Bernier, all residents of Quebec, according to reports from La Presse.

Canadian Prime Minister Justin Trudeau led a moment of silence for the victims on Sunday at a restored mosque in Peterborough, Ont., which was firebombed in the aftermath of deadly attacks in Paris last November.

Carrier and his family members and friends worked with a Catholic organization and the Centre Amit   de Solidarit   Internationale de la R  gion des Appalaches.

Louis Chabot, a friend of the Carriers, was also killed in the

attack in Ouagadougou.

They had been celebrating the three weeks of work they had done repainting blackboards for a school in a remote Burkina village.

The humanitarian workers headed to Africa just before Christmas after months of preparation, organization and fundraising activities in Quebec.

With four attackers killed and al-Qaida in the Islamic Maghreb claiming responsibility for the massacre, Burkina Faso's newly elected president acknowledged his small country has now been drawn into the line of Islamist extremist fire that has recently targeted Paris, neighbouring Mali and Indonesia.

TORSTAR NEWS SERVICE



Gladys Chamberland



Yves Carrier



Maude Carrier



Charl  lie Carrier



Louis Chabot



Suzanne Bernier

PHOTOS: FACEBOOK.COM VIA TORSTAR NEWS SERVICE

## Survivors recall the attacks

As al-Qaida fighters attacked the cafe where he worked, Clement Djiguende was saved by chance: A jihadist who had been firing at patrons simply ran out of bullets.

The gun stuck for a moment. Then the militant, dressed in black and a turban, tried several times to reload. That's when Djiguende and another server bolted toward the bathrooms not far from the bar where only moments earlier they had been serving cold drinks on just another Friday night.

About 20 other people were already crowding into the toilets in a bid to save their lives as the sound of gunfire resumed at the Cappuccino Cafe. Others tried to climb through the restaurant's broken windows. Some managed to get to the roof where they waited for the carnage to stop.

Witnesses said four attackers stormed the cafe around 7:30 p.m. Not only did they shoot at patrons, they also set the cafe ablaze. Soon it began filling with smoke, forcing Djiguende and the others in the restrooms to wet pieces of their clothing and escape by crouching on the ground.

"Upon reaching the terrace, my hand touched a body ... I kept it together," he said. "I crossed another and then a third body, where I laid and pretended for a while that I, too, was dead."

He kept crawling for another six metres before springing to his feet and running into another nearby restaurant.

By then, the jihadists had entered the neighbouring Splendid Hotel. Andre Bationo, a waiter at the hotel, said he was cleaning in the dining room when a girl selling handicrafts to guests burst in to say that jihadists were killing people outside.

"Burkina Faso," he said, "will never be the same again."

THE ASSOCIATED PRESS

## POLITICS

# Taiwan elects its first female president



Tsai Ing-wen, centre, the chairwoman of the opposition Democratic Progressive Party, won the presidential election.

UJET IFANSASTI/GETTY IMAGES

Taiwan's presidential election victor Tsai Ying-wen will enjoy a broad mandate from her commanding victory and her independence-leaning party's new legislative majority, but managing the island's delicate relations with China will be tricky.

Already, Beijing warned following her Saturday night victory that it will not budge on its bottom line that Taiwan's leader must agree that the communist mainland and self-governing island democracy are part of a single Chinese nation. The sides could be in for a lengthy

wait as China assesses whether it feels it can trust Tsai.

"To handle cross-Taiwan Strait relations after Tsai's election will be difficult, not just for Taiwan but also for mainland China," said Huang Jing, a China expert at Singapore National University's Lee Kuan Yew School of Public Policy.

Tsai, who will be Taiwan's first female president, won by 56 per cent of the vote to 31 per cent for her closest rival Eric Chu of the China-friendly Nationalist Party, which has held the presidency for the last

eight years. Her Democratic Progressive Party won 68 of 113 parliamentary seats, giving it its first majority in the assembly long-dominated by the Nationalists.

The size of the win could also put additional pressure on Tsai and the DPP, said Larry Diamond, a senior fellow at the Hoover Institution who closely follows Taiwanese politics.

"When you do as well, as decisively as the DPP has done, there are no excuses" for failure, Diamond said.

THE ASSOCIATED PRESS

## IN BRIEF

### Five drug trial participants in French hospital, 1 dead

A man died in a French hospital Sunday after taking part in an experimental drug trial for a painkiller, and five other participants remain hospitalized after one of France's most troubling medical incidents. The Portuguese pharmaceutical company testing the drug, Bial, said in a statement that it's working with health authorities to determine what caused "this tragic and unfortunate situation."

THE ASSOCIATED PRESS



# \$40B in aid needed worldwide: Panel

## FINANCIAL CRISIS

### UN report finds number of people in need growing

An estimated \$40 billion is needed annually to help the rapidly growing number of people needing humanitarian aid as a result of conflicts and natural disasters — and one possibility to help fill the \$15 billion funding gap is a small voluntary tax on tickets for soccer games and other sports, concerts and entertainment events, airline travel, and gasoline, a UN-appointed panel said.

The panel's report on humanitarian financing, launched Sunday by UN Secretary-General Ban Ki-moon, says the world is spending around \$25 billion to provide life-saving assistance to 125 million people devastated by wars and natural disasters — more than 12 times the \$2 billion that was spent in 2000.

The nine-member panel calculated that an additional \$15 billion is needed annually to reduce suffering and save lives. It warned that if current trends continue, the cost of humanitarian assistance will rise to \$50 billion by 2030.

"This is an age of mega-crises," Ban said at the launch event,

**\$25 billion**

The amount the world spent last year in life-saving assistance for people living in countries devastated by war and natural disasters.

which was held at a desert site in Dubai that serves as a logistical hub for UN emergency humanitarian supplies and international relief efforts.

The 31-page report said that despite \$25 billion being spent last year to provide life-saving assistance to people around the

world, 1.6 million Syrian refugees had their food rations cut and 750,000 Syrian refugees could not attend school.

"While record sums are being given to the noble cause of humanitarian action, generosity has never been so insufficient. We cannot go on like this," Ban said, adding that humanitarian assistance is now the UN's costliest activity, surpassing peace-keeping missions.

The report focuses on three solutions for how to reform humanitarian aid: mobilizing additional funds, particularly from the private sector; shrinking the need for aid through prevention and quicker resolution of problems, and improving the efficiency of assistance to reflect the needs of people rather than the needs of aid organizations. It calls for donors and aid organizations to come together in "a Grand Bargain" in which donors provide more cash, long-term, with fewer strings, and aid organizations are more transparent so that everyone can "follow the money."

THE ASSOCIATED PRESS



**WEATHER BLIZZARDS HIT EASTERN EUROPE.** Schools will be closed on Monday in some regions affected by blizzards, among them Bucharest, the main city of Romania. Blizzards battered parts of Eastern Europe on Sunday, forcing roads to close, trains and flights to be cancelled and producing power outages. Romania's transportation ministry said 12 major roads were closed Sunday because of heavy snow and three Black Sea ports had to shut down because of high winds. DANIEL MIHAILESCU/AFP/GETTY IMAGES



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# Yemen police chief survives car bombing

## MIDDLE EAST

### Suicide attacker drove vehicle into officer's home

A suicide car bomber rammed his vehicle into the police chief's house in the southern Yemeni city of Aden on Sunday, killing seven civilians and security forces in a failed assassination attempt after militants killed two other security officials elsewhere in the country.

Police Chief Shallal Shaye survived a similar assassination attempt last month, as did the governor of the province earlier

this month. Aden's previous governor was killed in an attack claimed by a local affiliate of the Islamic State of Iraq and the Levant (ISIL).

Ambulances raced to the police chief's house after the explosion, which could be heard across the city, witnesses said. Officials said an armoured vehicle blocked the suicide car bomber metres from the gates of the house. Seven people were killed and 12 injured after the explosion ripped through a bus that was passing by.

Yemen has been mired in a conflict pitting the Shiite Houthi rebels against the internationally-backed government, which is allied with a Saudi-led coalition. The fighting has killed more than 5,800 people since last March, when the coalition began striking Houthi targets from the air.

The chaos has allowed a powerful local al-Qaida affiliate and a more recently formed branch of ISIL to expand their reach, including in Aden.

U.S. drones have carried out a number of strikes since the start of the year targeting al-Qaida militants, according to security officials and witnesses, who said drone strikes killed 13 militants on Sunday in Jaar, a town seized by al-Qaida last year.

THE ASSOCIATED PRESS

## + AIRSTRIKES

### Saudi coalition steps up military offensive

The Saudi-led coalition meanwhile appears to have stepped up airstrikes in northern Yemen targeting the Houthis and army units loyal to a former president. Residents said the coalition launched 35 strikes on Sunday in the capital and northern province of Jawf.



### ZOO GIANT PANDA CUB MAKES FIRST APPEARANCE

Smithsonian's youngest giant panda cub, Bei Bei, made his public debut Sunday following his birth last August at the National Zoo in Washington, D.C. Bei Bei, whose name means "precious" or "treasure," was named by U.S. and Chinese First Ladies Michelle Obama and Peng Liyuan. OLIVIER DOULIERY/AFP/GETTY IMAGES

## WEATHER

# Storm spawns twin tornadoes, two dead

Severe weather sparked a pair of tornadoes that ripped through central Florida before dawn Sunday, officials said. A couple was killed and their son and four grandchildren were injured when one of the twisters destroyed their mobile home.

"I'm amazed to see anybody got out of this alive," said Manatee County Sheriff Brad Steube.

Steube said that the victims of the tornado in Duette were asleep in their mobile home

when the tornado struck. Steven Wilson, 58, was killed immediately, while his wife, Kate, died from a heart attack after being taken to a hospital. Their son, also named Steven Wilson, crawled out of the wreckage and helped his four children — aged between six and 10 — out of the home.

The Sarasota Police Department reported downed trees, minor flooding and mangled parking structures in the city.

THE ASSOCIATED PRESS



Damage from a storm surrounds a car Sunday in Sarasota, Fla. One of two tornadoes killed two grandparents and injured their four grandchildren. SARASOTA COUNTY GOVERNMENT/THE ASSOCIATED PRESS

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**IN BRIEF****Sweet'N Low to end Brooklyn production**

For almost 60 years, millions upon millions of tiny pink packets of Sweet'N Low have flowed from Cumberland Packing in Brooklyn.

But the family-owned company told workers just over a week ago that manufacturing and packing work would stop in Brooklyn over the course of the year and shift entirely to other parts of the country. That would leave only the company's headquarters in the borough.

THE ASSOCIATED PRESS

**Netflix to offer more family shows this year**

Netflix says it will make a special effort to produce programming for children and families, offering 20 new programs in the category this year led by the Feb. 26 premiere of the Fuller House remake.

Netflix chief content officer, said there's not enough of this programming on TV right now. The emphasis also coincides with Netflix's broadening subscriber base — it's more than 19-year-old boys clicking onto the service now.

THE ASSOCIATED PRESS

# Costly cauliflower too rich for menus

**FOOD**

## Cucumber, tomatoes and celery prices likely to rise

The soaring price of cauliflower is forcing restaurants with signature dishes featuring the cabbage relative to rethink their menus and hike prices.

Over the past few years, the vegetable once considered boring has been springing up on menus in innovative ways.

However, the sliding loonie and a drought in California have helped drive prices for the snowy white vegetable toward double digits a head, causing a cauliflower crisis. At least one restaurant chain famous for its take on cauliflower is passing on some of the extra costs to its customers.

In Vancouver, diners frequent Nuba restaurants just to taste Najib's Special, said founder Victor Bouzide. The dish, named after his father, is a crispy cauliflower concoction based on his grandmother's recipe. Since the new year, Bouzide's raised the price by about a dollar. A plate now costs \$13, while the appetizer runs customers \$9.75.

The restaurant now pays



The falling loonie and a drought in California have helped drive prices for cauliflower toward double digits a head, forcing restaurants to raise prices or discontinue dishes. ISTOCK

more than double what it used to for a case of the cruciferous vegetable, up to \$60 a case. That

means Nuba needs 100 cases a week to feed its cauliflower-loving customers.

Still, Bouzide can't fathom discontinuing the dish, like some others have opted to do.

Toronto's Fat Pasha drew accolades for its whole roasted cauliflower head when it opened in 2014. About a month ago, the offering disappeared from the menu.

"As much as people love it, if we're losing money on it or we're charging too much, no one's going to feel good about it," chef Kevin Gilmour said.

The dish cost \$18, he said, but with the cost of the main ingredient, the restaurant would have to charge up to \$40 for it now.

That just wasn't viable, said Gilmour, who replaced it with a local, more price-consistent option: acorn squash.

Squash may be the next go-to ingredient for chefs looking for a new heir to cauliflower's popularity since many other vegetables, not just cauliflower, are steadily increasing in price.

Celery, cucumber, tomatoes are all slowly taking themselves out of the running.

Edgar Gutierrez, the chef at Rostizado in Edmonton, has been experimenting with fennel with some success. He thinks fennel could be versatile enough to resonate with diners this year.

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**PET COSMETIC SURGERY**

## Vets slam docking tails, cropping ears

More veterinarians in Canada are speaking out against pet cosmetic surgery such as removing the tails of puppies and cutting dog ears into points, but the pace of change is slow.

Ear-cropping and tail-docking are already prohibited in seven provinces either by law or regulatory bylaws.

The decision on whether to operate is left up to individual animal doctors in Alberta, Ontario and Quebec, even though veterinary groups oppose such

procedures in principle.

Dr. Nicole Gallant, president of the Canadian Veterinary Medical Association, said vets are under pressure to perform cosmetic surgery.

Ending the practice will depend on reducing demand for dogs with unnaturally bobbed tails and pointy ears, she said. That involves breed clubs amending their standards so dogs can be shown in their natural state without penalty.

People often refer to show

dogs for how their pet is supposed to look. "The changes have to come in the breed standards," Gallant said.

"We have been just so programmed to see the altered dog as the normal. People have to expect unaltered dogs."

The College of Veterinarians of British Columbia recently voted to ban cosmetic ear-cropping. Other provinces that prohibit the practice include Manitoba and Saskatchewan.

THE CANADIAN PRESS

**A boxer with natural ears that haven't been cut into points.**

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## ROSEMARY WESTWOOD

metroview

### CBC morning shows should be fuel, not fluff

A morning routine is not to be messed with.

It should contain fuel (especially coffee), clean-ish clothing, some kind of slap in the face (exercise, or coffee) and the news.

And when I say news, I mean the latest out of Ottawa (the Saudi Arabia arms deal, say), the state of Alberta's economy, what's new at the Supreme Court, let alone politics, health and science stories from outside our border. I do not mean an update on the zoo's panda bear cubs or the latest high school wunderkind to design socks. And I certainly don't need to hear, on the local CBC morning show, how the host and weather announcer feel about Adele's new viral video (spoiler: They love it!).

In the age of Twitter (arguably the best way to get news, anyway), in a world so tightly bound that our food prices are skyrocketing as global oil prices fall, the CBC is failing us.

Folksy, meandering, fascinated with the minutiae of a city — its morning shows are often the audio equivalent of reading the community-event listings. And while there can be gold there, it's never front-page news. The shows lack gravitas. They lack scope. Their programming better belongs in a leisurely afternoon slot. And funnily enough, afternoon programs on the

CBC sound remarkably like those in the morning.

I don't blame the producers (I used to be one) or the hosts (though some seem far too keen to waste my time with coffee-shop chatter about their bike commute to work) — I blame the network.

The CBC's morning shows are run on a strict formula that focuses on celebrity hosts and hyper-local news at the expense of everything else. Each hour, there's usually only about ten minutes of national and international news at the top of the clock. That's less time than they spend playing (often horrible) music. It's appalling.

In fact, the CBC should reverse the ratios. It could keep the best of its local news and politics coverage, trim the fat of host-banter, cut the music, and end up with plenty of time to properly inform me about the broader world. It could mean greater centralization of morning news production, or even just a much wider distribution of the best content produced in local stations and foreign bureaus (such as they are).

To quote U.S. media journalist and National Public Radio host extraordinaire, Brooke Gladstone, a morning program should feed our need for information, without patronizing or boring us.

Too bad the CBC can't even get the first part right.

## THE BIG NUMBER

# 40%

### That's the decline, adjusted for inflation, of parliamentary funding to the CBC between 1990-91 and 2014-15.

Using data from the Treasury Board of Canada, the advocacy group Friends of Canadian Broadcasting calculated that in 2014 dollars, the federal government's grant to the CBC declined from around \$1.73 billion (in 1990-1991) to approximately \$1.04 billion (in 2014-2015). Most of the cuts took place in the 1990s, while Jean Chrétien was prime minister, with more slashes during the Harper years. Those hit just as digital advertising and the mobile revolution were transforming broadcasting's business model faster than you can change the channel or switch the station. In 2014, the CBC president said the staff would shrink by another one-quarter by 2020. Whether we actually see that particular TV and radio drama play out is still up in the air. Before he was elected, Prime Minister Justin Trudeau promised a \$150-million boost to CBC's yearly funding. How that plot unfolds — and how much money the broadcaster manages to make from its advertisers and audience — could determine whether Canadians hear more business news or more banter on the airwaves in the coming years.

SOURCE: MARKETING MAGAZINE

# The bishop will lose. But first, he'll do harm.

## URBAN PARADIS

Danielle Paradis



Fighting social progress and human rights using religious-freedom arguments is a losing battle for the Catholic Church, but it seems that's where the fight over trans inclusion in education is headed in Alberta.

As little as a year ago, the idea of an Alberta government creating a list of guidelines regarding trans and gender-nonconforming people would be inconceivable. But, last Wednesday, Education Minister David Eggen presented the province's new gender-identity and gender-expression guidelines, modelled after a similar document from Nova Scotia. The guidelines explain gender-neutral washrooms, preferred pronouns and the need to minimize gender-segregated activities. School boards have

until March 31 to create transgender inclusion policies.

The impetus for this was last year, when the PC government was waffling on gay-straight alliances (GSA) for children, and a transgender girl was banned from using the washroom that matched her identity.

This week, Edmonton Catholic Schools sent a link to a blog written by Bishop Fred Henry to all parents in the school district on Friday.

The letter is a hyperbolic screech-fest. Henry says, "Our teaching is rather simple and direct, in (God's) plan, men and women should respect and accept their sexual identity."

Although Marilyn Bergstra, chair of the school division, said on Twitter that the letter should not have been sent, the fact that it was indicates opposition to the guidelines is likely to continue.

The Church finds itself in a difficult spot regarding the

acceptance LGBTQ children. Whatever the feelings of the flock, Catholic leaders have been clear on this matter.

On the other hand, LGBTQ activists see a dire need for the protection of marginalized children. Suicide, high levels of violence and homelessness within this group make acceptance a matter of life and death.

After Eggen released the guidelines, some Edmonton residents — concerned about the rights of LGBTQ children — took to Twitter to express dismay that they lacked meaningful enforcement. Some even called for dissolving the Catholic school board or cutting its funding. But it's not that simple. The separate Catholic school system is an aspect of The Alberta Act and enshrined in the Canadian Constitution. The Catholic board can't be dissolved by cutting funding any more than the government could decide that it no longer wants to hon-

our its treaty responsibilities.

On one hand, we see pearl-clutching about boys using these guidelines as a ploy to go into the girls' washroom. On the other is a collection of pronouns, "ze," "zir" and "hir," which sound almost space-age to unaccustomed ears.

The conversation about these guidelines has been a mess. When the groups on either side don't agree on what the issue is, the facts don't matter.

Any church that tries to advance a policy based on its faith, or its interpretation of a text, and is found to be in contravention of the Charter — the secular Canadian bible — will eventually lose. But in the battle between human rights and religious freedoms, how many LGBTQ children will be collateral damage?

Danielle Paradis (@daniparadis) loves Edmonton, politics and flowcharts.

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# RSP: Just for retirement?

## NEST EGG

### Programs help you borrow for new home, education

Michelle Williams

"Your retirement might be decades away, but that doesn't mean you can't benefit from your retirement savings right now," says Alan Cameron, investment advisor for Investment Planning Counsel.

Whether your dream is to buy your first home or to upgrade your education, a retirement savings plan (RSP) is an investment tool that can help you reach your goals well before you turn 65. Two government programs make it possible to borrow against your RSP:

The Home Buyers' Program (HBP) lets qualified first-time home buyers borrow up to \$25,000 from their RSP to buy or build a home. "It's a far more powerful way of saving for the down payment," explains Cameron.

"To save \$25,000 cash, you have to earn \$40,000 or more before-tax dollars. If you use your RSP, the \$25,000 isn't going to be taxed." For couples buying their first home, both members can use \$25,000 from each RSP, for a total of



You can borrow against your RSP to help with the purchase of your first home. ISTOCK

\$50,000 tax-free.

You have two years before you have to start paying the money back, and 15 years to repay the total loan — essentially repaying yourself by contributing one-fifteenth of the amount to your RSP each year. If you miss a payment, you'll owe the taxes for that

amount.

The HBP is a great way to raise a down payment, making it possible to buy a home for those who might otherwise have to wait several years to save the funds.

"For some buyers, it could also be the difference between having a high-risk mortgage

with big insurance costs versus a low-risk mortgage," adds Cameron. While borrowing from an RSP means losing out on some of the investment's growth, the increasing value of your home could more than make up the difference if real-estate values continue to rise.

Another government pro-

gram lets you borrow from your RSP to explore a new career: The Lifelong Learning Plan (LLP) lets you use up to \$10,000 per year to a maximum of \$20,000 over four years. It can be used toward your or your spouse's education, though not your children's schooling.

## + NEXT STEP

Borrowers need to meet a list of criteria before qualifying for either of these programs. Check online or talk to your financial planner or institution to find out more.

"This plan requires repayment within 10 years after you've completed your education," says Cameron. "Payments must begin the second year after you're finished school, and you're required to make at least one-tenth of payments per year."

Like the HBP, if you miss payments, you'll be taxed for any amount you don't return to your RSP.

And what if you repay the money and decide to retrain again, or your spouse wishes to take advantage of the program after your training is complete and the money has been returned to your RSP?

"You can take advantage of the program on multiple occasions through your lifetime, provided the money has been repaid to your RSP before you apply a second time," explains Cameron.

However, you're losing out on the growth of your RSP while the funds are being used for retraining, an important consideration before pulling your money out of the investment.

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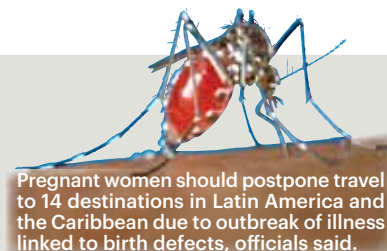
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Pregnant women should postpone travel to 14 destinations in Latin America and the Caribbean due to outbreak of illness linked to birth defects, officials said.



Over the next three months, **Metro's finance guru Lesley-Anne Scorgie** will help a recent grad drowning in debt and a charitable young professional to balance their budget, pay down loans and save for their future

## Metro's money makeover



**LESLEY-ANNE SCORGIE**  
metromoney

**THE CHALLENGE:** Our participants have set their goals and committed to tackling their largest financial obstacles. For the next 12 weeks, I'll be helping Annick and Yolanda to improve their financial fitness and pushing them to reach new money milestones — just like a personal trainer. The end-goal is simple: to help these young women kick some financial ass and to see whose net worth improves the greatest.

**THE VERDICT:** They'll succeed if they learn to master their finances, which happens to be more of a mind, rather than a money, matter.

**NEXT WEEK:** When it comes to her TFSA, Yolanda is making a big mistake.

LESLEY-ANNE SCORGIE IS A BESTSELLING AUTHOR AND FOUNDER OF MEVEST, A MONEY COACHING SERVICE FOR CANADIANS. FOLLOW HER @LESLEYSCORGIE



NET WORTH:  
**- 62,500 \$**

### Annick, 24, Calgary

In 2010, Annick arrived in Calgary from Democratic Republic of Congo with dreams of a powerful Canadian education in energy management from University of Calgary. Year-over-year her student debts compounded to a suffocating \$58,000.

After graduating in 2015, Annick walked into Alberta's economic lion's den — slumped energy prices and few jobs. She eventually found an administrative position at a property management company making \$18/hour. But, between student loan and credit card payments plus IOUs to friends and family, she couldn't keep up. So, Annick found a second job at a car dealership in December. The pressure to send money home to her family is high, but at the end of every bi-weekly pay cycle, she literally doesn't have two nickels to rub together — zilch! Annick's has what I call "side hustle" — finding creative ways to make more money.

**HER GOAL:** Her challenge will be applying that skill to annihilating her debts so her long-term dreams of home ownership, bringing her parents to Canada and doing her MBA can become reality.

JENNIFER FRIESEN/FOR METRO CANADA

### Yolanda, 27, Mississauga, Ont.

Yolanda tweeted at me late in 2015 to say she spends not a penny more than \$200 on groceries each month. Obviously I thought this was a joke considering Toronto is the most expensive place in Canada for produce.

Yolanda manages her spending carefully. She works at a charity that supports children in developing countries, and makes a fraction of market salary as a communications web specialist. But, she's willing to trade more money (and better groceries) to pursue her passions. Just a year ago, Yolanda and her pooch moved out of her mom's and into a basement apartment costing \$750 per month.

**HER GOAL:** Making \$20/hour, forking out money for rent and sponsoring multiple children simply won't cut it if she's going to buy a condo in the next three years and travel overseas.



NET WORTH:  
**\$ 2,000**

LIZ BEDDALL/METRO

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# To get rich, start saving

## GROW YOUR MONEY

### Make do with less and stash difference to build wealth

**Gail Vaz-Oxlade**  
For Metro Canada



I'm going to talk about something I get letters on all the time: Wealth. People want to know how to save (where to find the money) and how much to save to be wealthy.

Wealth is the difference between what you earn and what you spend. Spend it all, and you'll end up with a big, fat zero. Spend less than you make and you'll build your wealth. It doesn't have to be a huge amount. But it does have to be a conscious decision because wealth doesn't just happen. You have to make it happen.

So, how much is enough? And how to make do on less so you have the money to save?

When it comes to retirement savings, if you're in your twenties as little as 6 per cent of your income will likely do. Wait until you're in your thirties and the number jumps to 10 per cent. And in your forties it's 18 per cent.

Making do on less comes in all sizes and formats. Some people go with a Make-Do week, during which they stretch everything a little farther so they spend less.

Spending holidays are another way to find the money that turns into wealth. No-spend days make you conscious of your spending habits. Start by spending nothing

## IN YOUR TWENTIES?



## IN YOUR THIRTIES?



## IN YOUR FORTIES?



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of your income

## YOU SHOULD SAVE...

= **10%**  
of your income

## YOU SHOULD SAVE...

= **18%**  
of your income

on Mondays, then add Tuesdays. Over time, you'll learn what pulls your trigger to spend.

There are a whole bunch of tools that can help you build your wealth: RRSPs, Tax-Free Savings Accounts and Registered Educational Savings Plans for your kids.

If you want to defer taxes and build a pool of money for when you retire (particularly if you don't have a company pension plan) use an RRSP.

If you want to grow your money tax-free with the flexibility to use that money and then replace it later, use a TFSA. Ditto if you want to make sure

you get to keep all your government benefits when you retire.

If you want to earn free grant money from the government and have some funds available for schooling later use an RESP.

RRSPs, TFSA and RESPs do not generate a return on their own, so they are not investments. If you put your money into any of these plans, you must then choose an investment to make your money grow. You might choose a savings account. You might choose a GIC, a mutual fund, an indexed investment, bond or stock.

Perhaps the biggest barrier to

building wealth is getting started. If you belong to a company pension plan, you are already saving some money. If you aren't taking full advantage of your pension plan, go sign up today. If you don't belong to a pension plan at work, you'll have to make your own using an RRSP, a TFSA or a combination of the two. Make those contributions monthly and automatically. There. Now you're building wealth.

For more money advice, visit Gail's website at [gailvazoxlade.com](http://gailvazoxlade.com)

## CIGARETTE CESSATION

# Run from smoking

Jennifer Jeaurond had tried everything to kick her 23-year tobacco habit: hypnotherapy, the nicotine patch, a craving-reduction medication and even electronic cigarettes. Nothing worked.

That is until she signed up in 2013 for a 10-week smoking-cessation course in Ottawa, organized as a pilot study by the Canadian Cancer Society and the sporting goods retailer, the Running Room.

The idea of the Run to Quit program was to gradually wean participants off cigarettes as they increased physical fitness through a tailored course of walking and running at a Running Room store, coupled with a variety of support programs provided by the cancer society.

"What appealed to me was it wasn't like other smoking-cessation programs," Jeaurond, 40, said from her home in Aylmer, Que. "This one wasn't about abstinence, but rather it dealt with the addiction to smoking by introducing connections. It was connecting us with other smokers and connecting us with healthy people."

Attending the weekly Run to Quit sessions with other smokers made her feel not so alone. She and several others in the class formed their own early-morning running group, motivating each other as they prepared for a five-kilometre race.

"You build healthy connections and therefore you don't need that chemical hook anymore," she said. "Because we fell in love with the sport of running, we could not keep up our habit

of smoking."

So successful was the pilot study — 29 per cent of the almost 70 participants reported not smoking for the previous 30 days at a six-month followup — that the cancer society and Running Room are teaming up to provide the program over the next three years with a \$4-million-plus grant from the Public Health Agency of Canada.

Starting in mid-April, 21 Running Room locations in B.C., Alberta, Ontario, Quebec, Nova Scotia, and Newfoundland and

Labrador will offer the 10-week program at a cost of \$69 for

in-person classes and \$49 for an online, self-directed course that provides information on running and quitting through printed instruction, audio and video clips and even a virtual coach.

Next year, the program will extend to 50 store locations across the country and to 110 in 2018, said John Atkinson, who heads the Canadian Cancer Society's Smokers' Helpline.

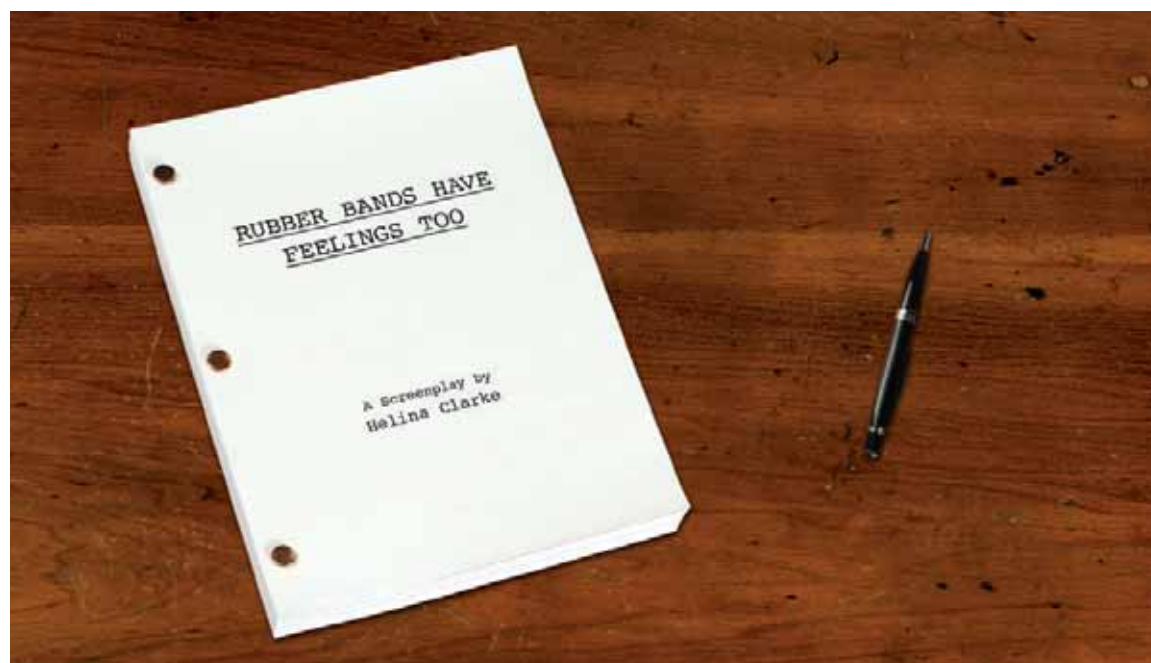
Results from the Ottawa pilot also showed that at the six-month followup, 21 per cent of participants had maintained continuous abstinence from tobacco, while 50 per cent reported not having smoked for the previous seven days.

"These are considered very good results," said Atkinson, a former two-pack-a-day smoker who quit cold turkey 16 years ago when he joined a running group, after trying nine times to kick the habit without success.

THE CANADIAN PRESS

## TRY THE PROGRAM

Starting in mid-April, 21 Running Room locations across Canada will offer the 10-week Run to Quit program



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Actress Jennifer Lopez on the set of *Shades of Blue* in New York City. ZELIG SHAUL/ACE PICTURES

# JLo shines in new police drama *Shades of Blue*

## INTERVIEW

### American Idol judge was daunted by dark series

Given her larger-than-life pop star persona, it's sometimes hard to remember that Jennifer Lopez also has acting chops.

There have been more than a few speed bumps along the way in her cannon (*Gigli*, *The Boy Next Door*) but the dark cop drama *Shades of Blue* is a reminder that the singer can still be a commanding screen presence, starring in perhaps her finest outing since she played a U.S. Marshall in Stephen Soderberg's *Out of Sight*.

In *Shades of Blue* Lopez plays a financially strapped single mother who is part of a group of corrupt New York City detectives. The show opens with a startling confession from her character, Harlee Santos. It then spirals into a nightmare world of wire-

taps and deception. Lopez so thoroughly imbues her working class, down and out character, alternating between absolute command and stark vulnerability you forget that you just saw her on *American Idol* the day before.

"Right now in television it's like the best movies are on television," said Lopez at the Television Critics Association convention, explaining why she decided to produce and star in a gruelling TV series in addition to her packed schedule that includes a Las Vegas show and her stint on *Idol*.

"The characters are better. There is more of an opportunity to kind of really explore something. It was just a really exciting opportunity to do something that I hadn't done in a while in a different way than I had done in a long time."

The first few episodes of *Shades of Blue* (Thursdays on Global) are helmed by Academy Award winning director Barry Levinson (*Rain Man*, *Diner*, *The Natural*) so the series has a heightened cinematic feel.



**Doing an hour drama is probably one of the hardest gigs in show business**

Jennifer Lopez on her role

But it's not perfect. The plot is at times formulaic, and some of the misuses introduced into the show to move the storyline are heavy handed and amateurish. But Lopez plays off well against an aging, but still magnetic Ray Liotta (*Goodfellas*) as a corrupt police lieutenant who is trying to uproot the rat in his den of thieves.

Levinson, who is also a producer on the show, says he decided to work on the television series because of the "burst of creativity" in the medium.

"More and more talent from theatrical has now made the crossover. Television is now the

place, and if you want to really do character work, that's not really existing theatrically anymore."

Broadcast networks have not had an easy time doing serialized drama, and *Shades of Blue* has darker themes that might have found a more comfortable home in cable, instead of a conventional broadcaster that has to appeal to a wider audience. But NBC decided they couldn't pass up the star-driven vehicle.

Lopez herself said she was a little daunted by the challenge of doing two gruelling TV shows at a time, where she had to film *Shades* during the week, and *Idol* on the weekends. She is also busy rehearsing for a three-year stint at Planet Hollywood in Las Vegas, premiering next week where she is contracted for 40 shows annually.

"It's nerve racking. Just doing the show itself was very challenging."

"Doing an hour drama is probably one of the hardest gigs in show business, and it's very demanding."

TORSTAR NEWS SERVICE

## JOHANNA SCHNELLER WHAT I'M WATCHING

# Billions gives viewers their money's worth

**THE SHOW:** *Billions*, Season One, Episode Three (Showtime, Crave)  
**THE MOMENT:** The Snack Cakes

Sexy blue-collar billionaire Bobby "Axe" Axelrod (Damien Lewis) wants to take over a snack-cake company — as a scrappy kid, he saved up for the treats, but their quality has tanked. Snooty board members resist him, led by the owner's son. "Do you have any idea of the cost of returning to the original recipe?" Sonny sniffs. "We'll trim bloated executive compensation," Axe replies, menacingly.

Sonny blanches. "I earned my jet!" he says. "And the Scrumptets taste fine!"

"You raped the Scrumptet," Axe counters.

"I eat Scrumptets, and Dingdoodles, and Coconutties and they are good," Sonny huffs.

"They're not as good," Axe glowers.

"But they're still very, very good!" Sonny's henchwoman chimes in nervously. "Delicious!"

At this moment, I realized with relief that *Billions* has a sense of humour. I'd feared it was just *Dynasty* with tattoos



Damian Lewis plays blue-collar billionaire Bobby "Axe" Axelrod in *Billions*. CONTRIBUTED

instead of shoulder pads. Paul Giamatti chews a lot of scenery as Chuck Rhoades, the U.S. Attorney who's determined to bring Axe down. Rhoades' wife Wendy (Maggie Siff) isn't exactly realistic — she's Axe's in-house motivational shrink, and oh yes, a dominatrix.

Once you settle in, though, there's much glossy fun to be had, because *Billions* hits the zeitgeist bullseye: the Super-Rich are our new Super Villains. Whether it's Robert Durst in *The*

Jinx, or the decadent Royals, or the posh private-schoolers on *American Crime*, or the nasty Finney family on *Ray Donovan*, or Mimi (Marisa Tomei) scheming to take over *Empire*, the One Per Cent are the bad guys du jour.

*Billions* gives us our money's worth.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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# Pinning hopes on new ways to a new you

Welcome to New Year's resolution junction. It's a busy place around this time of year, when those promises we make to ourselves are either furiously alive or dead on arrival. Here's what Pinterest stats reveal about diet, recipe and workout ideas. **THE ASSOCIATED PRESS**

## BY THE NUMBERS

↓ **70%**

### The big crash in crash diets

For the first time, the site is seeing pinners ditch crash diets. Overall, pins related to crash diets were down 70 per cent in 2015 over the year before.

↓ **40%**

### Low-carb recipes drop

Pins of low-carb recipes have decreased by 40 per cent since last January.

↓ **32%**

### Pinning less faith on Paleo

Paleo diet pins were down 32 per cent, according to data supplied by Pinterest.



## A MORE BALANCED APPROACH

In a little corner of the world we like to call Pinterest, resolution-makers have lit up with ways to declutter, eat healthier and de-stress.

"Over the last five years, we've seen the growth of more than 100 million special diet pins on Pinterest," offers Christine Schirmer, a spokeswoman for the site. "But in 2016, we see top health and fitness pins focus on a more balanced approach to well-being, including meditation, bullet journaling and minimalism."



↑ **83%**

### Hourglass workouts

Since Christmas, pins for "hourglass workout," a full-body approach hell bent on lean, sexy curves, increased 83 per cent.



↑ **67%**

### Bullet journals

In the period between Christmas Eve and Jan. 2, pins for "bullet journals," which is a minimalist organizational notebooking system, increased 67 per cent, while "minimalist lifestyle" pinning in general went on the rise 19 per cent and those on the subject of decluttering rose 35 per cent.



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## MORE NEW YEAR, NEW YOU BOOSTS

• Trending: Jiu jitsu and its calorie-burning perks; pins on all things "holistic;" the "21-day fix," with guides for portion control, meal planning and clean eating.

• A 60 per cent bump for "detox tea" pins.

• A 41 per cent bump for "dry brushing,"

a DIY detox for the skin advocating the use of a brush on dry skin in a certain pattern before showering to help release the body's toxins.

• Pins for creating a "meditation space" have increased recently by 49 per cent, the site said.

THE ASSOCIATED PRESS



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from your daily crossword and Sudoku

9	2	4	7	5	6	1	8	3
3	5	6	9	1	8	2	7	4
8	1	7	4	3	2	9	6	5
7	3	9	5	2	1	8	4	6
1	4	8	3	6	7	5	9	2
5	6	2	8	4	9	7	3	1
2	7	3	6	8	5	4	1	9
6	8	1	2	9	4	3	5	7
4	9	5	1	7	3	6	2	8

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# LegalAve offers a brand new resource

## *Free site brings family law to your fingertips*

Family law is a complex subject. While there is a wealth of information available on the Internet, it can be hard to determine what's accurate, up-to-date and applicable to a particular situation under provincial law.

That's why the Alberta Legal Information Society (ALIS) has developed LegalAve.ca, an online resource where Albertans can access existing family law resources from different organizations throughout the province. Instead of scouring the web for materials about the law in Alberta, users can visit the site, which aims to organize the helpful, quality information and referrals needed all in one place.

"LegalAve provides people with a place to start in dealing with their family law issues," says Marsha Guthrie, interim leader for ALIS. "It offers a lot of in-depth, comprehensive information to help people understand the law as it pertains to their particular situation."

LegalAve does not provide legal advice. The website collects and presents public legal information from a variety of trusted sources including non-profit organizations, government agencies and some private organizations.

The LegalAve website lets you view a variety of resources — including brochures, videos, forms, reports, court cases and legislation — and save them to your personal

list so you can review them again later. You can also email information to another person, which is useful for people who may be helping someone else with a legal problem.

"It's important to know your options and what to expect from the legal system," Guthrie says. "We encourage people to take their time to browse the site and to read and understand all the information presented."

There are three different ways to use LegalAve. The first way is to click on the blue "Start Here" button to use the "Guided Pathway" that asks a series of questions. Answer "Yes," "No" or "I'm not sure" to receive more information about the law, the legal processes, common questions and myths related to the answers given. This is the best option for those who don't know where to start. The Guided Pathway is currently available in six languages and five more will be added soon.

Secondly, users can find the search bar in the top-right corner on every page and type in keywords (such as divorce, child support or family violence) to get more information.

The third option is to click the "Legal Topics" menu bar to browse the site's five family law topics.

LegalAve provides legal information and links to legal resources about family law in five distinct categories: Starting new family



ISTOCK

relationships, issues in ongoing family relationships, breakdown in family relationships, family violence or solving family law problems.

The website is also helpful for service providers who are looking for information to help a client.

Learn more at [www.LegalAve.ca](http://www.LegalAve.ca).

## Need legal info on the go? There's an app for that

A newly-created app from LegalAve is offering Albertans more ways to get the legal information they need, whether from a smartphone, a tablet or another mobile device.

Users can download the free app for Android on Google Play or for iOS on iTunes and App Store, and instantly get access to a number of helpful features to get

information about the law and the legal system in Alberta.

The new app will provide answers to common questions and help dispel common myths about family law in Alberta.

When you use the "Guided Pathway," a step-by-step tool that

points you to relevant legal information and resources based on your answers to a series of questions, you can save your responses or email them to yourself in order to pick up where you left off later on.

Download the app and follow the LegalAve project on Twitter, Facebook and LinkedIn for more information.

## Not sure where to start with your **family law** issues?



visit  
**legalave.ca**



# 'Big Mo' elevates Panthers

## NFL PLAYOFFS Newton and Co. hold off Seahawks after big first half

Four games into his playoff career, Cam Newton recognizes the key element to success. He calls it "Big Mo," and there couldn't have been a better example than Carolina's 31-24 victory over Seattle on Sunday.

Emphatically backing up their superb regular season with one of the most dominating halves in football history, the Panthers then hung on in the face of a furious Seahawks rally before surviving.

"The playoffs bring out more than any other time the impact of 'Big Mo,'" Newton said after Carolina (16-1) moved into the NFC title game, which they will host next Sunday against Arizona (13-3). "Momentum. 'We can't wait for no one to make plays for us.'"

The Panthers, winners of 12 straight at home, made all the right plays in building a 31-0 lead, then were dominated by the two-time defending NFC champs in the second half. So if Carolina wins its first NFL championship, it can credit the lesson learned from the Seahawks (11-7).

"We have to find a way to complete a full game of football," Newton said. "We have been known to take our foot off the throttle and we have to find that killer instinct."

The All-Pro quarterback noted



Panthers running back Jonathan Stewart reaches across the goal-line to score a touchdown against the Seahawks on Sunday.

STREETER LECKA/GETTY IMAGES

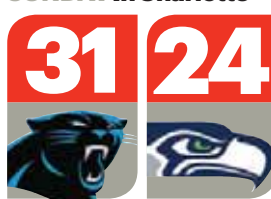
how players, coaches and even the fans were feeling the pressure in the final 30 minutes as Seattle staged a relentless comeback.

"It was a tale of execution. We needed a little more of that in the second half. You just have to find ways to get your groove back on."

Definitely.

"That's what this game is going to teach us," said All-Pro linebacker Luke Kuechly, who

## SUNDAY In Charlotte



returned a first-quarter interception for a touchdown. "No matter how good you play in

the first half, the second half is just as important."

Jonathan Stewart, returning from a foot injury, scored two touchdowns after jump-starting the Panthers with a 59-yard sprint on their first play. Newton threw for a touchdown.

Then, Seattle showed its pedigree and climbed back within seven points.

"We made a mess of it in the first half," Seahawks coach Pete Carroll said. "We look at this

game as a microcosm of the season. We struggled so much early in the season to get going, and it took us a long time. When we finally did, we caught fire, and got rolling. Everyone in here just feels like we ran out of time."

Seattle got back into it as Russell Wilson threw for three touchdowns, two to Jermaine Kearse. An onside kick with 1:11 remaining, however, was recovered by Panthers linebacker Thomas Davis. THE ASSOCIATED PRESS

## NFL PLAYOFFS

# Broncos set up matchup vs. Pats

## SUNDAY In Denver



Peyton Manning rescued the butterfingers Broncos with a late touchdown drive and Denver advanced to the AFC championship game with a 23-16 win over Ben Roethlisberger and the Pittsburgh Steelers on Sunday.

The Broncos (13-4) will host Tom Brady and the New England Patriots (13-4) next weekend.

With Denver down 13-12 with less than 10 minutes left, cornerback Bradley Roby punched the ball from Fitzgerald Toussaint's arms and teammate DeMarcus Ware recovered at the Denver 35-yard line.

Then, Manning went to work, driving Denver to its only touchdown.

C.J. Anderson ran it in from the 1, and Demaryius Thomas caught the two-point conversion for a 20-13 lead with three minutes remaining.

Ware's sack ended Pittsburgh's next drive and Brandon McManus kicked his fifth field goal, tying the NFL playoff record.

Chris Boswell made a 47-yarder with 19 seconds left, but Anderson recovered the onside kick. THE ASSOCIATED PRESS

## NHL

# Talbot, Oilers sign 3-year extension

The Edmonton Oilers signed goaltender Cam Talbot to a three-year contract extension on Sunday.

The 28-year-old native of Calumet, Ont., was slated to become an unrestricted free agent at the end of the season. The Oilers announced the extension on Twitter.

Financial terms weren't released but reports indicate it's a \$12.5-million US extension with an average annual value of \$4.17 million.

Talbot has an 8-13-3 record this

**"I'm happy I'm going to be around for the next three years to grow and improve with this team."**

Cam Talbot

season with a .914 save percentage and 2.58 goals-against average. THE CANADIAN PRESS

## IN BRIEF

**Bolts beat interstate rival**  
Nikita Kucherov had two goals and the Tampa Bay Lightning extended a season-high winning streak to five games by beating the Atlantic Division-leading Florida Panthers 3-1 on Sunday night.

Andrej Sustr had the other Tampa Bay goal and Ben Bishop made 26 saves to help the Lightning move within five points of Florida.

Nick Bjugstad scored for the Panthers.

THE ASSOCIATED PRESS

**Ledecky records PB in dominating 200-metre free**  
Katie Ledecky dominated an impressive field in the women's 200-metre free-style at the Arena Pro Swim Series as the teenager and 2015 world champion ramps up for the summer Olympics in Brazil.

The 18-year-old Ledecky finished in personal-best one minute, 54.43 seconds Saturday night to beat Sweden's Sarah Sjöström, who had the fastest time in the world last year.

THE ASSOCIATED PRESS

## TENNIS

# ATP boss denies coverup of scam

ATP chairman Chris Kermode and the Tennis Integrity Unit have rejected news reports that match-fixing has gone unchecked in the sport.

In reports published on the morning the Australian Open began, the BBC and BuzzFeed News said secret files exposed evidence of widespread suspected match-fixing at the top level of world tennis.

On Monday, Kermode said officials "absolutely reject any suggestion that evidence of

**16**

The report said that in the last decade 16 unnamed players have been repeatedly flagged to the integrity unit.

match-fixing has been suppressed for any reason, or isn't being investigated."

THE ASSOCIATED PRESS



# RECIPE Crunchy Tofu



PHOTO: MAMA YISNIE

**Ceri Marsh & Laura Keogh**  
For Metro Canada

Embrace meatless Monday with these crunchy tofu "steaks." Enjoyed with some stir-fried veggies, you'll be feeling virtuous and satisfied.

**Ready in**  
Total time: 30 minutes  
**Serves 4**

## Ingredients

- 1 block of firm tofu
- 1 egg
- 3/4 cups panko breadcrumbs
- Salt and pepper to taste
- 2 Tbsp vegetable oil

## Directions

1. Unwrap your tofu and place it on its side (the long, thin side) on a cutting board. Slice it in half so that you have 2 (now thinner) rectangles. Cut each rectangle in half, leaving you with 4 squares. Now

cut each square in half diagonally and you'll have 8 triangles.

2. Whisk the egg in a shallow bowl. Pour the panko breadcrumbs out onto a plate. Add salt and pepper, toss to combine and then spread it out flat. Have a clean plate handy.

3. Dip each piece of tofu into the egg and coat completely. Then dredge the coated tofu in the breadcrumbs so it gets covered on every side. Place your coated tofu on the clean plate. Repeat until each piece of tofu is covered.

4. Heat up the vegetable oil in a skillet over medium high heat. Place half of your tofu pieces in the pan and let them get brown and crispy, about 2 or 3 minutes. Gently flip over and cook. Use a spatula to help turn them over onto sides to brown.

5. Serve with rice and mixed vegetables.

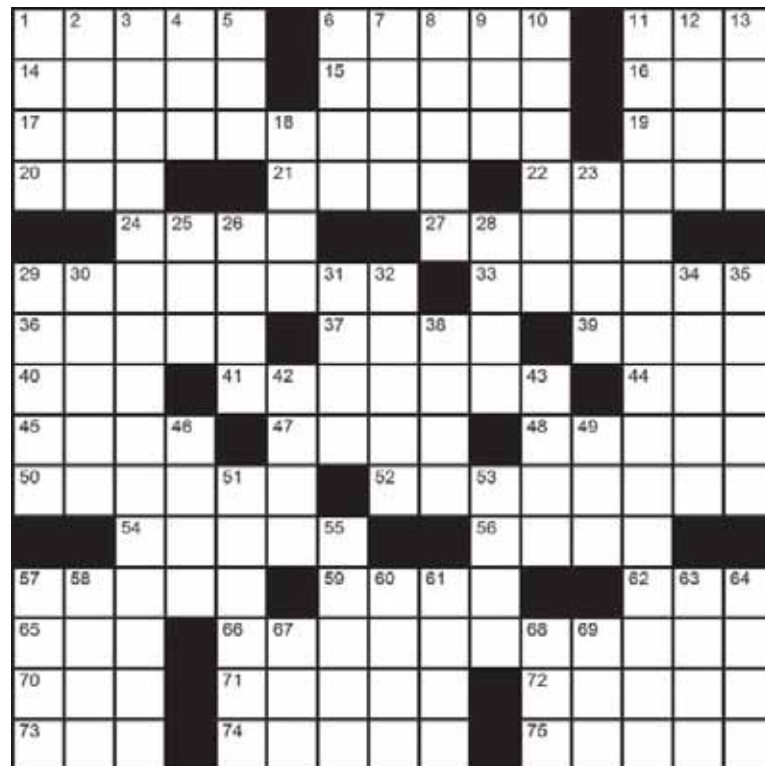
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# CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

## ACROSS

1. Irks
6. Falcon-headed god of ancient Egypt
11. Pinafore's letters in opera circles
14. Abraham's offering to God
15. Spew
16. Deuce-ace, fancy-style
17. Canadian singer/songwriter starring in the 2006 documentary "Escarpment Blues": 2 wds.
19. In-a-row letters
20. Valley, in Wales
21. Concept
22. Stan's comedy partner, cute-style
24. Gael, for one
27. Sporty shirts
29. Reacts with emotion, perhaps at an awards presentation: 2 wds.
33. Mottle
36. Brawny blokes
37. Mini message
39. Deanna (Counselor on "Star Trek: The Next Generation")
40. Tree variety
41. Question/interview post-mission
44. Stop
45. Grad
47. Churn
48. Vassal
50. Small horses
52. Song by #17-Across that goes "You sang to the moon / In the great black night..."
54. Deduce
56. Poetic foot



57. Recurring theme
59. Bator, Mongolia
62. Volcano of Hawaii, Mauna
65. Yalie
66. 9 to 5 is when we're here for business, in other

- words
70. Whopper
71. Awaken
72. "Gold" (1997)
73. Lively parties
74. Checks
75. Alberta town est. 1911

## DOWN

1. Assorted [abbr.]
2. "Her Standing There" by The Beatles
3. They are where food is grown across this great land: 2 wds.
4. American flight watchdog org.

12. Ms. Kuzyk (Winnipeg-born actress in the role of Det. Patsy Mayo on #11-Down)
13. British Columbia's motto, 'Splendor Occasu' (Splendour without diminishment)
18. Lennon-McCartney successes
23. Ransack
25. Get by, but barely
26. a hand
28. Hautbois
29. Inexpensive
30. Celebrities/royalty magazine!
31. Shield's centre knob
32. Danger
34. Miami Sound Machine tune
35. Stowaway, say
38. Venus de (Ancient statue)
42. Highlands tongue
43. One-named rock bassist
46. Skirt style
49. Suffix with 'ideal'
51. Exertion
53. Sup
55. Singer/pianist Mr. Wainwright
57. Combine
58. Varied mixture
60. Itemize
61. Treads the boards
63. Sweet sandwich-y treat with milk
64. Formal gr.
67. Good, to Evil
68. Tint
69. Former

# IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20  
Try to relax this week. Keep a sense of perspective and remember that no matter how hard you try to get ahead it's the personal side of life that matters most.

**Taurus** April 21 - May 21  
You may not have a choice about what you have to do today but you do have a choice about how to do it. Do a good job and you'll be rewarded with more enjoyable tasks.

**Gemini** May 22 - June 21  
Love will come back into your life over the next few weeks — and you will feel more in tune with the world around you. Don't wait for others to tell you how much they care — tell them how much you care first.

**Cancer** June 22 - July 23  
If your body is sending you signals that it could do with a rest then you must heed the call. Not even a Cancer can keep up the relentless pace of the past few weeks. If you fall behind in your schedule, that's too bad.

**Leo** July 24 - Aug. 23  
No matter how many challenges you took on in recent weeks you came through them all unscathed. Your efforts were not in vain. The universe rewards those who strive.

**Virgo** Aug. 24 - Sept. 23  
Make an effort to see things from a partner's point of view. You'll get valuable insight into their personality, enabling you to make allowances for their behaviour in the future.

**Libra** Sept. 24 - Oct. 23  
Changes are inevitable but the good news is they will work in your favour. It may be annoying that travel and social plans have to be changed at the last minute but you can easily make new arrangements. Be flexible.

**Scorpio** Oct. 24 - Nov. 22  
You'll be pleasantly surprised by what happens today. Money matters will no longer worry but don't go mad and go on a spree because that will cause trouble all over again.

**Sagittarius** Nov. 23 - Dec. 21  
Focus on the things that are still going well for you rather than the things that may go wrong. You have lots to look forward to, so think positive and positive things will occur.

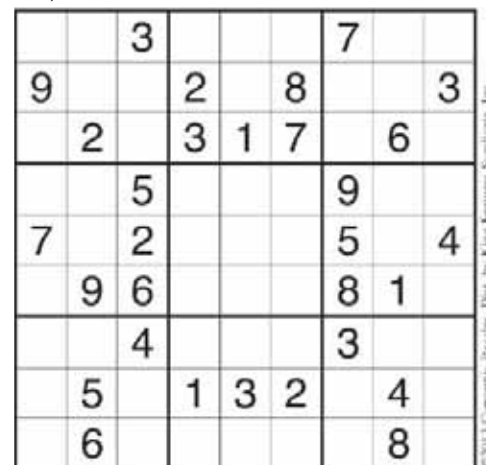
**Capricorn** Dec. 22 - Jan. 20  
You won't be able to hide or disguise your feelings much longer, and nor should you want to. It will be easy for you to let certain people know what you really think of them — not a lot it seems!

**Aquarius** Jan. 21 - Feb. 19  
No matter how reserved you may be usually, over the coming week you will leave those around you in no doubt about what you think and feel. It could get emotional!

**Pisces** Feb. 20 - March 20  
You'll find it easier to get along with employers and authority figures over the next few days, even those you have clashed with recently. There will be more respect going both ways.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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STK# Q6B702155

OUTLET PRICE **\$5,999**



2007  
**PONTIAC G5 GT**  
STK# Q77251470

OUTLET PRICE **\$5,999**



2008  
**HYUNDAI ACCENT**  
STK# 8VD63116

OUTLET PRICE **\$5,980**



2000 **VOLKSWAGEN  
JETTA GLS VR6**  
STK# YM173340

OUTLET PRICE **\$5,927**



2008  
**SATURN ASTRA XE**  
STK# 85034769

OUTLET PRICE **\$5,903**



2003  
**FORD FOCUS SE**  
STK# 3W322773

OUTLET PRICE **\$5,877**

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